Venerable Lama Karma Samten

Canberra Visit

September 26–30

Venerable Lama Karma Samten Gyatso is Tibetan Lama of the Karma Kagyu Lineage of Tibetan Buddhism. In 1980, after completing 9 years of solitary retreat, he moved to New Zealand and established a Tibetan Buddhist Monastery near Auckland. Lama Samten travels and teaches extensively in New Zealand, Australia, the Asia Pacific region, Europe and the US.

Public Talk **"Meditation and Health"** **Friday 26 SEP.** **7.30 pm $15**	Physical illness is often accompanied by mental unhappiness, while mental unhappiness can result in physical illness. By taking care of ourselves both physically and mentally, we can experience greater physical and mental wellbeing. Lama Samten will explain how we can help ourselves to attain such wellbeing, and encourage duscussion on the topic.
Weekend Teaching **"The Six Perfections"** **Sat – Sun 27 – 28 SEP.** **10 am – 4 pm $100**	Travelling the Buddhist path includes cultivating the *Six Perfections*: Generosity; Patience; Ethics; Effort; Meditative Absorption; and Wisdom. Understanding and cultivating these *Six Perfections* helps in the practice of formal meditation, as well as in our day to day lives, bringing benefit to us and those around us, and allowing us to more easily experience our Buddha Nature.
Empowerment **"Medicine Buddha"** **Tuesday 30 SEP.** **7.30 pm $30**	The Medicine Buddha is the manifestation of the healing essence of all enlightened beings. Meditating on the Medicine Buddha, especially with a mind purified by faith and devotion, is a powerful means to restore both physical and mental wellbeing. This empowerment will allow those who receive it to engage in the meditation practice of the Medicine Buddha, and to experience the benefits this practice can bring to their lives.

Venues

Public Talk and Weekend Teaching	**Empowerment**
Cedar Room, Orana School Unwin Place, Weston (Bring a cushion)	Rigpa Canberra, 40 Mort Street, Braddon - above Cornucopia Bakery (Bring a cushion)

Information

Nic: (02) **6232 4514** out of hours